

GATEWAYS TO CHANGE

by Laurie A. Monroe

It is time to embrace change, and it is time to accept responsibility for creating the changes that will ensure our collective future. Change is a constant of the human condition. By observing our past, we see a panorama of changes and begin to comprehend how these changes have affected our lives and our planet. We would do well to reflect upon Einstein's statement, "The significant problems we face today cannot be solved at the same level of thinking we were at when we created them."

Participants in the *GATEWAY VOYAGES*® and succeeding graduate programs share many experiences that enable them to think and act differently. First, they come to know, not just believe, that they are more than their physical bodies. Second, they connect strongly with each other and to nature around them, as well as developing a greater understanding of the interconnected web of life. Third, core beliefs shift, bridging obstacles to change and bringing forth a higher order of wisdom. Afterward, participants begin to ask: "How can I apply these experiences, these feelings, in my life? How can I make a difference for those who follow me?"

Consider that our most significant shared value may be the inherent goodness that exists within each one of us. Many acts of compassion occurred after September 11, 2001. People went into the damaged structures around the World Trade Center searching for abandoned pets. They risked their lives in the unstable, smoke-filled buildings to rescue family pets, finding them hungry and dehydrated but alive, wagging their tails or whimpering in response to human touch. The fundamental instinct to preserve life is so deeply ingrained in the core of our being that it embraces our animal companions as well.

All of this relates to one of the most profound and insightful books I have recently read—Gregg Braden's *The God Code: The Secret of Our Past, the Promise of Our Future*. Whatever your belief or however you interpret "God," this book may be the key to understanding the connectedness of our species and our deepest feelings. Hank Wesselman, PhD, anthropologist and author of *The Journey to the Sacred Garden* and the *Spiritwalker Trilogy* (*Spiritwalker, Medicinemaker, and Visionseeker*), says: "The God Code explores a fascinating premise—that there is a tangible, verifiable, and universal message that may provide evidence for a higher intelligence operating behind the scenes of the phenomenal world that we all take so much for granted. Scholar Gregg Braden is to be commended, and he has opened an unprecedented window into our understanding of the great mystery of existence."

The God Code is truly a remarkable message to humankind at this time in our existence, encouraging us to move into a state of unity and cooperation. How we live, and how we use present-day technologies, will shape our future. At some level, personally or globally, we need to become involved in the possibility of a future that is just, sustainable, and compassionate. Such a future begins with each one of us.

As Bob Monroe once said: "With this knowledge, you have a responsibility. If you have the authority, along with it there is a responsibility." Each one of us is responsible for our own actions. We have a responsibility to our children, to mother earth, and to our present and future selves, and together we are capable of something much greater than as individuals. Learning to connect to our higher self, we are enabled by a higher intelligence to live each moment in gratitude. By listening from our hearts, we will often "hear" the precise words we need at exactly the right moment for our soul's growth.

"For hundreds of generations, we have each carried the key to our survival as a message to ourselves in a form that, once recognized, could not be mistaken. Perhaps in anticipation of the day when the search for our origins would lead us to the essence of life, it is only through our discovery and acceptance that we are one with the world that the message could ever be revealed."

— Gregg Braden, *The God Code*

"The Earth Life System was and still is an exquisitely self- adjusting, auto tuning, self-regenerating organization of energy. The more we investigate the interactive symbiotic relationships contained therein, the more fascinating and complex they become. The entire structure is one of polarities, yet each part is interconnected."

— Bob Monroe, *Ultimate Journey*

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.
© 2004 by The Monroe Institute